

Become a Martha member!

The Martha Association's guide to
your new community



Talko and association life

In Finland there are many **associations**. An association is people who do something together, for example sports, music, or a hobby. In an association, many people work **voluntarily**. This means that you don't get paid, but you help because it is fun and good. In Finland there is also **talko**. Talko means that people meet and work together. They can clean, build, or fix something. Afterwards, people often drink coffee and eat together. Associations and talko are important in Finland. They help people get to know each other and create community and joy.

Are you ready to become one of us?

When you become a martha, you join something bigger. We are over **8 000** people who want to make everyday life better. It's not just a membership; we support each other and do good for society. At Marthaförbundet, you can make new friends. There is a place for everyone here.

Many good reasons to join

As a martha, you can learn new things. You can meet new friends. You can help make the world a better place. We talk about the environment, home, money, and safety. You become part of a group that collaborates and supports each other.

How do I become a member?

1. Go to the membership form on martha.fi under the Become a Member tab. Choose the type of membership you want.
2. If you want to join a local club, select your area and club.
3. When your membership application is submitted, you will receive a confirmation by email.

What is included in my membership?

- Joining a local association lets you take part in activities, grow personally, and make lifelong friends.
- All membership types give access to benefits, including the Martha magazine with tips on sustainable living and discounts on Marthaförbundet courses, events, and lectures.
- You will receive our Förbundsnytt newsletter by email every month, providing the latest news about the association's activities and current events.

Marthaförbundet's three levels

Marthaförbundet is the umbrella organization for the Marthas, with a board and staff who implement annual meeting decisions, oversee activities, and realize the board's visions. The annual meeting sets the activity plan, budget, and membership fees.

Marthaförening

All Martha associations are registered and independent, with their own boards and members. The associations belong to the umbrella organization Marthaförbundet.

Marthakrets

A krets is an activity group a marthaförbundet may have, focusing on areas like finance, cooking, exercise, or handicrafts. Martha membership is always tied to marthaförbundet, even if activities happen within a krets.

Over a Hundred Years of the Same Vision

Marthaförbundet was founded in Finland in 1899. Women learned household skills and responsibility. During the war, they worked on preparedness, and later also on finance, health, and sustainability. Marthaförbundet still provides guidance for a better everyday life.

Become a member here:



Scan the QR code
or register at
martha.fi/bli-medlem